



POCKET PARAMIS

Energy

“The Sanskrit term is *virya* and the term is derived from *vir*, which means ‘to overcome,’ implying here also courage and bravery. So it is the effort, mental effort, through which one applies oneself to perfecting our qualities. It is the energy, the diligence, the effort we put into becoming excellent.”

– *Karma Trinlay Rinpoche*

“Since habits are, by definition, deeply ingrained patterns, and all moments are immediately lost, I need to enlist every moment to teach me about suffering and the end of suffering. Knowing that I haven’t a moment to lose keeps my Energy level high.”

– *Sylvia Boorstein*

“Exertion is like the fine steel of a sword blade. . . . To truly sever the confusion and duality of usual mind with Manjusri’s sword of *dhyana* [concentration] and *prajna* [wisdom] we must be able to exert *this* fully, holding nothing back.”

– *Anzan Hoshin*

